

# Jan Wilke

## List of Publications by Year in descending order

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Version: 2024-02-01

104  
papers

2,278  
citations

279487

23  
h-index

264894

42  
g-index

112  
all docs

112  
docs citations

112  
times ranked

1761  
citing authors

#	ARTICLE	IF	CITATIONS
1	The Combined Effect of Static Stretching and Foam Rolling With or Without Vibration on the Range of Motion, Muscle Performance, and Tissue Hardness of the Knee Extensor. <i>Journal of Strength and Conditioning Research</i> , 2023, 37, 322-327.	1.0	10
2	Neurocognitive function and musculoskeletal injury risk in sports:A systematic review. <i>Journal of Science and Medicine in Sport</i> , 2022, 25, 41-45.	0.6	9
3	Cortical Motor Planning and Biomechanical Stability During Unplanned Jump Landings in Men With Anterior Cruciate Ligament Reconstruction. <i>Journal of Athletic Training</i> , 2022, 57, 547-556.	0.9	7
4	Train at home, but not alone: a randomised controlled multicentre trial assessing the effects of live-streamed tele-exercise during COVID-19-related lockdowns. <i>British Journal of Sports Medicine</i> , 2022, 56, 667-675.	3.1	18
5	The Relationship Between Acute Exercise-Induced Changes in Extramuscular Connective Tissue Thickness and Delayed Onset Muscle Soreness in Healthy Participants: A Randomized Controlled Crossover Trial. <i>Sports Medicine - Open</i> , 2022, 8, 57.	1.3	6
6	Prognostic factors of muscle injury in elite football players: A media-based, retrospective 5-year analysis. <i>Physical Therapy in Sport</i> , 2022, 55, 305-308.	0.8	2
7	Lower Extremity Open Skill Training Effects on Perception of Visual Stimuli, Cognitive Processing, and Performance. <i>Journal of Motor Behavior</i> , 2021, 53, 324-333.	0.5	3
8	Increased visual distraction can impair landing biomechanics. <i>Biology of Sport</i> , 2021, 38, 110-127.	1.7	7
9	Use of Reflective Tape to Detect Ultrasound Transducer Movement: A Validation Study. <i>Life</i> , 2021, 11, 104.	1.1	4
10	A Pandemic within the Pandemic? Physical Activity Levels Substantially Decreased in Countries Affected by COVID-19. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 2235.	1.2	152
11	Drastic Reductions in Mental Well-Being Observed Globally During the COVID-19 Pandemic: Results From the ASAP Survey. <i>Frontiers in Medicine</i> , 2021, 8, 578959.	1.2	36
12	Unilateral and bilateral training competitive archers differ in some potentially unhealthy neck-shoulder region movement behaviour characteristics. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2021, 13, 44.	0.7	0
13	Local and Non-local Effects of Foam Rolling on Passive Soft Tissue Properties and Spinal Excitability. <i>Frontiers in Physiology</i> , 2021, 12, 702042.	1.3	18
14	Habitual Physical Activity and Sleep Duration in Institutionalized Older Adults. <i>Frontiers in Neurology</i> , 2021, 12, 706340.	1.1	5
15	Effects of Foam Rolling Duration on Tissue Stiffness and Perfusion: A Randomized Cross-Over Trial. <i>Journal of Sports Science and Medicine</i> , 2021, 20, 626-634.	0.7	4
16	Sex Differences in the Mechanical and Neurophysiological Response to Roller Massage of the Plantar Flexors. <i>Journal of Sports Science and Medicine</i> , 2021, 20, 665-671.	0.7	2
17	Is "Delayed Onset Muscle Soreness" a False Friend? The Potential Implication of the Fascial Connective Tissue in Post-Exercise Discomfort. <i>International Journal of Molecular Sciences</i> , 2021, 22, 9482.	1.8	17
18	Effect of unplanned athletic movement on knee mechanics: a systematic review with multilevel meta-analysis. <i>British Journal of Sports Medicine</i> , 2021, 55, 1366-1378.	3.1	11

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19	Impact of subject-specific step width modification on the knee and hip adduction moments during gait. <i>Gait and Posture</i> , 2021, 89, 161-168.	0.6	9
20	Response to: Comment on: "Sex-Specific Differences in Running Injuries: A Systematic Review with Meta-Analysis and Meta-Regression" <i>Sports Medicine</i> , 2021, , 1.	3.1	1
21	Sex-Specific Differences in Running Injuries: A Systematic Review with Meta-Analysis and Meta-Regression. <i>Sports Medicine</i> , 2021, 51, 1011-1039.	3.1	43
22	Expert Consensus on the Contraindications and Cautions of Foam Rolling" An International Delphi Study. <i>Journal of Clinical Medicine</i> , 2021, 10, 5360.	1.0	3
23	Quadriceps Torque, Peak Variability and Strength Endurance in Patients after Anterior Cruciate Ligament Reconstruction: Impact of Local Muscle Fatigue. <i>Journal of Motor Behavior</i> , 2020, 52, 22-32.	0.5	4
24	Acute Effects of Foam Rolling on Range of Motion in Healthy Adults: A Systematic Review with Multilevel Meta-analysis. <i>Sports Medicine</i> , 2020, 50, 387-402.	3.1	84
25	Are biomechanical stability deficits during unplanned single-leg landings related to specific markers of cognitive function?. <i>Journal of Science and Medicine in Sport</i> , 2020, 23, 82-88.	0.6	23
26	Unanticipated jump-landing quality in patients with anterior cruciate ligament reconstruction: How long after the surgery and return to sport does the re-injury risk factor persist?. <i>Clinical Biomechanics</i> , 2020, 72, 195-201.	0.5	16
27	Perceptual" Cognitive Function and Unplanned Athletic Movement Task Performance: A Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 7481.	1.2	6
28	Exercise Intensity May Not Moderate the Acute Effects of Functional Circuit Training on Cognitive Function: A Randomized Crossover Trial. <i>Brain Sciences</i> , 2020, 10, 738.	1.1	2
29	Traditional Neuropsychological Testing Does Not Predict Motor-Cognitive Test Performance. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 7393.	1.2	6
30	Physical activity and health promotion for nursing staff in elderly care: a study protocol for a randomised controlled trial. <i>BMJ Open</i> , 2020, 10, e038202.	0.8	5
31	Free-Weight Resistance Exercise Is More Effective in Enhancing Inhibitory Control than Machine-Based Training: A Randomized, Controlled Trial. <i>Brain Sciences</i> , 2020, 10, 702.	1.1	9
32	Functional high-intensity exercise is more effective in acutely increasing working memory than aerobic walking: an exploratory randomized, controlled trial. <i>Scientific Reports</i> , 2020, 10, 12335.	1.6	27
33	Semimembranosus muscle displacement is associated with movement of the superficial fascia: An in vivo ultrasound investigation. <i>Journal of Anatomy</i> , 2020, 237, 1026-1031.	0.9	7
34	Restrictercise! Preferences Regarding Digital Home Training Programs during Confinements Associated with the COVID-19 Pandemic. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 6515.	1.2	20
35	Chronic effects of high-intensity functional training on motor function: a systematic review with multilevel meta-analysis. <i>Scientific Reports</i> , 2020, 10, 21680.	1.6	12
36	Activity and Health During the SARS-CoV2 Pandemic (ASAP): Study Protocol for a Multi-National Network Trial. <i>Frontiers in Medicine</i> , 2020, 7, 302.	1.2	8

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37	Even Warriors Can be Scared: A Survey Assessing Anxiety and Coping Skills in Competitive CrossFit Athletes. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 1874.	1.2	3
38	Ankle Motion Is Associated With Soft Tissue Displacement in the Dorsal Thigh: An in vivo Investigation Suggesting Myofascial Force Transmission Across the Knee Joint. <i>Frontiers in Physiology</i> , 2020, 11, 180.	1.3	25
39	Can we measure perceptual-cognitive function during athletic movement? A framework for and reliability of a sports-related testing battery. <i>Physical Therapy in Sport</i> , 2020, 43, 120-126.	0.8	19
40	Operationalisation Of Older Adults' Lifetime Physical Activity Data. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 526-526.	0.2	0
41	Does ACL-reconstruction Lead To Higher Use Of Neural Resources To Prepare & Initiate Challenging Jump-landings?. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 618-618.	0.2	0
42	Physical Activity Levels And Health Problems In Employees Of Stationary Nursing Homes: Is There An Association?. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 295-295.	0.2	1
43	Physical Activity And Sleep Quality In Community-dwelling Older Adults. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 666-667.	0.2	0
44	Relating Lifetime Activity Behavior to the Current Level of Physical Activity of Older Adults. <i>Journal of Aging and Physical Activity</i> , 2020, 29, 1-7.	0.5	1
45	Injuries and functional performance status in young elite football players: a prospective 2-year monitoring. <i>Journal of Sports Medicine and Physical Fitness</i> , 2020, 60, 1363-1370.	0.4	5
46	Computerized Cognitive Training with Minimal Motor Component Improves Lower Limb Choice-Reaction Time. <i>Journal of Sports Science and Medicine</i> , 2020, 19, 529-534.	0.7	0
47	Influence of Foam Rolling Velocity on Knee Range of Motion and Tissue Stiffness: A Randomized, Controlled Crossover Trial. <i>Journal of Sport Rehabilitation</i> , 2019, 28, 711-715.	0.4	36
48	How does a 4-week motor-cognitive training affect choice reaction, dynamic balance and cognitive performance ability? A randomized controlled trial in well-trained, young, healthy participants. <i>SAGE Open Medicine</i> , 2019, 7, 205031211987002.	0.7	6
49	Do Self-Myofascial Release Devices Release Myofascia? Rolling Mechanisms: A Narrative Review. <i>Sports Medicine</i> , 2019, 49, 1173-1181.	3.1	115
50	Why Are You Running and Does It Hurt? Pain, Motivations and Beliefs about Injury Prevention among Participants of a Large-Scale Public Running Event. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 3766.	1.2	13
51	Functional movement analysis in patients with chronic nonspecific low back pain: a reliability and validity study. <i>BMC Musculoskeletal Disorders</i> , 2019, 20, 395.	0.8	4
52	Acute effects of foam rolling on passive stiffness, stretch sensation and fascial sliding: A randomized controlled trial. <i>Human Movement Science</i> , 2019, 67, 102514.	0.6	36
53	Myofascial chains of the upper limb: A systematic review of anatomical studies. <i>Clinical Anatomy</i> , 2019, 32, 934-940.	1.5	21
54	Explaining Upper or Lower Extremity Crossover Effects of Visuomotor Choice Reaction Time Training. Perceptual and Motor Skills, 2019, 126, 675-693.	0.6	9

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55	Acute Effects of Resistance Exercise on Cognitive Function in Healthy Adults: A Systematic Review with Multilevel Meta-Analysis. <i>Sports Medicine</i> , 2019, 49, 905-916.	3.1	71
56	Fascia Is Able to Actively Contract and May Thereby Influence Musculoskeletal Dynamics: A Histochemical and Mechanographic Investigation. <i>Frontiers in Physiology</i> , 2019, 10, 336.	1.3	77
57	Cognition Matters: Brain Function May Explain Deficiencies In Unanticipated Single-leg Landing Quality. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 267-268.	0.2	0
58	Overuse Injury: The Result of Pathologically Altered Myofascial Force Transmission?. <i>Exercise and Sport Sciences Reviews</i> , 2019, 47, 230-236.	1.6	11
59	Is It All About the Fascia? A Systematic Review and Meta-analysis of the Prevalence of Extramuscular Connective Tissue Lesions in Muscle Strain Injury. <i>Orthopaedic Journal of Sports Medicine</i> , 2019, 7, 232596711988850.	0.8	20
60	Gathering Hints for Myofascial Force Transmission Under In Vivo Conditions: Are Remote Exercise Effects Age Dependent?. <i>Journal of Sport Rehabilitation</i> , 2019, 28, 758-763.	0.4	10
61	Visual and instrumental diagnostics using chromokinegraphics: Reliability and validity for low back pain stratification. <i>Journal of Back and Musculoskeletal Rehabilitation</i> , 2019, 32, 345-353.	0.4	0
62	Fascia thickness, aging and flexibility: is there an association?. <i>Journal of Anatomy</i> , 2019, 234, 43-49.	0.9	67
63	Effects of high-intensity functional circuit training on motor function and sport motivation in healthy, inactive adults. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2019, 29, 144-153.	1.3	33
64	The Exercise Response In Blood Flow Restriction Training Varies As A Function Of Cuff Type. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 148-148.	0.2	0
65	Is Visual-Cognitive Loading During Jumping A Potential Risk Factor For Sports Injuries?. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 611-612.	0.2	0
66	Integrating the Evidence and Clinical Expertise in the Shared Decision and Graduated Return to Sport Process: A Time Series Case Study after Anterior Cruciate Ligament Rupture and Reconstruction. <i>Journal of Orthopaedic Case Reports</i> , 2019, 10, 35-44.	0.1	0
67	Head coaches' attitudes towards injury prevention and use of related methods in professional basketball: A survey. <i>Physical Therapy in Sport</i> , 2018, 32, 133-139.	0.8	12
68	Specific smartphone usage and cognitive performance affect gait characteristics during free-living and treadmill walking. <i>Gait and Posture</i> , 2018, 62, 415-421.	0.6	24
69	Return to Play After Injuries: A Survey on the Helpfulness of Various Forms of Assistance in the Shared Decision-Making Process in Semiprofessional Athletes in Germany. <i>Archives of Physical Medicine and Rehabilitation</i> , 2018, 99, 690-698.	0.5	14
70	Needle biopsy-derived myofascial tissue samples are sufficient for quantification of myofibroblast density. <i>Clinical Anatomy</i> , 2018, 31, 368-372.	1.5	9
71	Reliability of measuring half-cycle cervical range of motion may be increased using a spirit level for calibration. <i>Musculoskeletal Science and Practice</i> , 2018, 33, 99-104.	0.6	2
72	Not merely a protective packing organ? A review of fascia and its force transmission capacity. <i>Journal of Applied Physiology</i> , 2018, 124, 234-244.	1.2	84

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73	Immediate effects of self-myofascial release on latent trigger point sensitivity: a randomized, placebo-controlled trial. <i>Biology of Sport</i> , 2018, 35, 349-354.	1.7	28
74	Contractility of human and rat lumbar fascia. <i>Journal of Bodywork and Movement Therapies</i> , 2018, 22, 864-865.	0.5	0
75	Acute effects of foam rolling on passive stiffness, stretch sensation, and fascial sliding: a randomized controlled trial. <i>Journal of Bodywork and Movement Therapies</i> , 2018, 22, 851.	0.5	2
76	Neurophysiological correlates of motor planning and movement initiation in ACL-reconstructed individuals: a caseâ€“control study. <i>BMJ Open</i> , 2018, 8, e023048.	0.8	10
77	Reliability and validity of a semi-electronic tissue compliance meter to assess muscle stiffness. <i>Journal of Back and Musculoskeletal Rehabilitation</i> , 2018, 31, 991-997.	0.4	20
78	Return to play, performance, and career duration after anterior cruciate ligament rupture: A caseâ€“control study in the five biggest football nations in Europe. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018, 28, 2226-2233.	1.3	76
79	Fascial tissue research in sports medicine: from molecules to tissue adaptation, injury and diagnostics: consensus statement. <i>British Journal of Sports Medicine</i> , 2018, 52, 1497-1497.	3.1	134
80	Is the message getting through? Awareness and use of the 11+ injury prevention programme in amateur level football clubs. <i>PLoS ONE</i> , 2018, 13, e0195998.	1.1	25
81	Reply to Freitas: Fascia stiffness seems to affect passive joint torque, but how strongly?. <i>Journal of Applied Physiology</i> , 2018, 125, 684-684.	1.2	0
82	Acute effects of foam rolling on passive tissue stiffness and fascial sliding: study protocol for a randomized controlled trial. <i>Trials</i> , 2017, 18, 114.	0.7	23
83	Is remote stretching based on myofascial chains as effective as local exercise? A randomised-controlled trial. <i>Journal of Sports Sciences</i> , 2017, 35, 2021-2027.	1.0	29
84	On the relevance of surrogate parameter deduction in biomedical research: mediated regression analysis for variance explanation of cervical range of motion. <i>European Spine Journal</i> , 2017, 26, 162-166.	1.0	4
85	The Lumbodorsal Fascia as a Potential Source of Low Back Pain: A Narrative Review. <i>BioMed Research International</i> , 2017, 2017, 1-6.	0.9	81
86	Intensity related changes of running economy in recreational level distance runners. <i>Journal of Sports Medicine and Physical Fitness</i> , 2017, 57, 1111-1118.	0.4	2
87	Bewegung und rheumatologische Erkrankungen. , 2017, , 307-316.		0
88	Head Coachesâ€™ Return To Play Decision Making After Injuries In Semi-professional Team Sport Athletes. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 425.	0.2	0
89	Effects Of High-intensity Functional Circuit Training On Motor Function And Exercise Motivation. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 997.	0.2	0
90	Preventive and Regenerative Foam Rolling are Equally Effective in Reducing Fatigue-Related Impairments of Muscle Function following Exercise. <i>Journal of Sports Science and Medicine</i> , 2017, 16, 474-479.	0.7	18

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91	Sport-specific functional movement can simulate aspects of neuromuscular fatigue occurring in team sports. <i>Sports Biomechanics</i> , 2016, 15, 151-161.	0.8	10
92	Remote effects of lower limb stretching: preliminary evidence for myofascial connectivity?. <i>Journal of Sports Sciences</i> , 2016, 34, 2145-2148.	1.0	39
93	Is Remote Stretching Based On Myofascial Chains Equally Effective As Local Exercise? A Randomized Controlled Non-inferiority Study.. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 498.	0.2	1
94	Impact of lower limb exercises on musculo-mechanical properties of the lumbar erector spinae. <i>Journal of Bodywork and Movement Therapies</i> , 2016, 20, 154-155.	0.5	1
95	Intermuscular force transmission along myofascial chains: a systematic review. <i>Journal of Anatomy</i> , 2016, 228, 910-918.	0.9	93
96	Anatomical study of the morphological continuity between iliotibial tract and the fibularis longus fascia. <i>Surgical and Radiologic Anatomy</i> , 2016, 38, 349-352.	0.6	15
97	What Is Evidence-Based About Myofascial Chains: A Systematic Review. <i>Archives of Physical Medicine and Rehabilitation</i> , 2016, 97, 454-461.	0.5	162
98	Range of motion and cervical myofascial pain. <i>Journal of Bodywork and Movement Therapies</i> , 2016, 20, 52-55.	0.5	6
99	Appraising the methodological quality of cadaveric studies: validation of the QUACS scale. <i>Journal of Anatomy</i> , 2015, 226, 440-446.	0.9	104
100	Remote Effects Of Lower Limb Stretching. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 505-506.	0.2	0
101	Age-related cutoffs for cervical movement behaviour to distinguish chronic idiopathic neck pain patients from unimpaired subjects. <i>European Spine Journal</i> , 2015, 24, 493-502.	1.0	20
102	Remote effects of lower limb stretching: Evidence for myofascial connectivity?. <i>Journal of Bodywork and Movement Therapies</i> , 2015, 19, 676.	0.5	0
103	Short-term effects of acupuncture and stretching on myofascial trigger point pain of the neck: A blinded, placebo-controlled RCT. <i>Complementary Therapies in Medicine</i> , 2014, 22, 835-841.	1.3	35
104	A Pandemic within the Pandemic? Physical Activity Levels Have Substantially Decreased in Countries Affected by COVID-19. <i>SSRN Electronic Journal</i> , 0, , .	0.4	4